

Chili - Tomato

Another food I had no use for as child. Most versions I met were almost entirely tomato with very little meat or bean. I make ten can chili exclusively for my husband, as he likes the tomato based version. Ten can chili makes enough to last for days. An excellent hot food container meal to take when eating away from home. Spices will need to be adjusted to personal preference and taste. Hubby adds a chili spice while cooking and then hot sauce to each bowlful. I make a smaller, different type of chili for me called chili bean and chicken.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set for preparation time set for 10 minutes before you plan to start opening cans

C. Stay with the meal, stirring every 10 minutes

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

A contrasting wooden spoon

Potential Food Allergy or Intolerance:

Beef

Pepper

Spices

Tomatoes

Meatless Preparation Avoid:

Beef

Substitute with: _____

Utensils:

Can opener

Pot holders

Wooden spoon

Pan: 10 quart (spaghetti double boiler pan)

Ingredients:

Meat: Choose 2 pounds of:

Beef burger, or
Turkey burger

Vegetables:

2 (15 ounce) cans dark red kidney beans
2 (15 ounce) cans light red kidney beans
4 ounces of mushrooms
1/2 cup of chopped onions
2 (15 ounce) cans great northern beans
2 (15 ounce) cans pinto beans
1 (15 ounce) can diced tomatoes
1 (15 ounce) can tomato sauce
1 (46 ounce) can tomato juice

Other ingredients:

Dash of salt
Spices such as pepper, to taste
Optional:
1/3 cup of chili powder

Preparation time: 10 minutes

Preparation:

Vegetables:

1. Open cans:
2 (15 ounce) cans dark red kidney beans
2 (15 ounce) cans light red kidney beans
4 ounces of mushrooms
1/2 cup of chopped onions
2 (15 ounce) cans great northern beans
2 (15 ounce) cans pinto beans
1 (15 ounce) can diced tomatoes
1 (15 ounce) can tomato sauce
1 (46 ounce) can tomato juice

Meat:

1. Fry burger on medium heat in 10 quart pan.
2. Stir frequently, until done.
3. Drain excess grease off as needed.
Turkey burger may need vegetable oil to fry without burning.

Combine:

1. Add to burger meat:
 - 2 (15 ounce) cans dark red kidney beans
 - 2 (15 ounce) cans light red kidney beans
 - 4 ounces of mushrooms
 - 1/2 cup of chopped onions
 - 2 (15 ounce) cans great northern beans
 - 2 (15 ounce) cans pinto beans
 - 1 (15 ounce) can diced tomatoes
 - 1 (15 ounce) can tomato sauce
 - 1 (46 ounce) can tomato juice
 - Dash of salt
 - Spices such as pepper to taste
- Optional:
 - 1/3 cup of chili powder
2. Allow mixture to reach a boil.
3. Stir, and turn heat down.
4. Continuing to stir frequently, at least every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 8 to 10

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 3 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in sauce pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.

Add your oven time here: _____.